



Fire-roasted Tomatillo-and-Poblano Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 2 small bunches cilantro leaves fresh trimmed coarsely chopped
- ☐ 4 garlic clove coarsely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 2 jalapeno halved lengthwise
- ☐ 4 small poblano pepper halved lengthwise
- ☐ 1 teaspoon salt
- ☐ 24 tomatillos fresh

☐ 1 onion white quartered

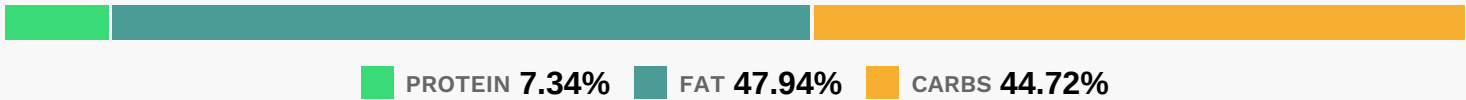
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Place peppers and tomatillos on a large rimmed baking sheet.
- ☐ Drizzle with 1 tablespoon oil, turning to coat with a wide spatula.
- ☐ Place peppers cut side down, and broil vegetables 15 minutes or until charred, turning tomatillos but not peppers.
- ☐ Remove from oven; set aside.
- ☐ Combine garlic and onion in a food processor; process until finely chopped.
- ☐ Heat a large nonstick skillet over medium heat; add remaining 1 tablespoon oil.
- ☐ Add onion mixture. Cover and cook 6 minutes or until translucent, stirring often. Stir in coriander, and cook 10 seconds.
- ☐ Process pepper, tomatillo, and accumulated juices in food processor until finely chopped; stir into onion mixture, and add 1 1/2 cups water. Bring mixture to a boil; reduce heat, and simmer 10 minutes. Stir in cilantro and salt. Cool completely; cover and chill.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:10.8499999920182%

Flavonoids

Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 107.38kcal (5.37%), Fat: 6.24g (9.61%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 9.05g (3.29%), Sugar: 7.52g (8.36%), Cholesterol: 0mg (0%), Sodium: 391.9mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 63.25mg (76.67%), Vitamin K: 22.72µg (21.64%), Manganese: 0.34mg (16.93%), Fiber: 4.06g (16.22%), Potassium: 503.21mg (14.38%), Vitamin B3: 2.86mg (14.29%), Vitamin B6: 0.25mg (12.68%), Vitamin E: 1.7mg (11.31%), Magnesium: 36.36mg (9.09%), Vitamin A: 410.92IU (8.22%), Copper: 0.16mg (7.98%), Phosphorus: 74.02mg (7.4%), Vitamin B1: 0.1mg (6.89%), Iron: 1.16mg (6.44%), Folate: 19.46µg (4.87%), Vitamin B2: 0.07mg (4.31%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.44mg (2.95%), Calcium: 25.68mg (2.57%), Selenium: 1.17µg (1.67%)